



## HOW TO SELECT FOODS

How the Housekeeper Can Provide the Food Substances the Body Needs Economically — Nutrition Specialists of the U. S. Department of Agriculture Show How to Plan a Ration That Will Give the Best Returns for the Money Spent.

Adults and children must get several different substances from the food they eat or they will miss something which is essential to bodily efficiency and health, according to the nutrition specialists of the U. S. Department of Agriculture. The housewife, therefore, who plans her meals or attempts to save money on food without some knowledge of these substances and of the five simple groups of foods which supply them is very liable to omit from her meals some food essential for the growth of children or necessary to supply the family with the energy they need for their daily tasks. Attempted economy which entirely omits certain foods may well prove a very poor investment because of its ultimate effect on the well-being household. Price individual preference for certain foods, and even the fact that hunger is satisfied after a meal, are not safe guides. Tomatoes at ten cents apiece in winter are no more nutritious than they are at five cents a quart in summer. A child might crave much more sugar than would be good for him. A bulky diet of potatoes or bananas might make a person feel he had eaten enough, but would not furnish him with the elements that his body needs.

To plan out meals in the interest of family efficiency and economy at the same time, the housewife fortunately does not need to elaborate sums in calories or to have any intimate understanding of such terms as protein and carbohydrates. All she needs to do is to classify the food she uses into five simple, household groups laid down in recently issued Farmers' Bulletin 808, published by the Office of Home Economics, U. S. Department of Agriculture. The purpose of the bulletin, which is the first of a series of simple pamphlets dealing with the economical use of foods, is to enable the average housewife to plan her meals effectively, even though she has no special training in chemistry or dietetics.

**A Day's Food Requirements.**

That these essential substances are not difficult for the average housewife to provide is shown by the following combinations, which the specialists believe indicate the daily food requirements of normal individuals:

**For a Man.**

A man who does fairly hard muscular work would be likely to get the food which his body needs if supplied daily with such a combination of foods as the following:

1 1/4 pounds of bread (having about the same food value as 1 pound of such cereal preparations as wheat or rye flour, oatmeal, corn meal, rice, etc.)

2 ounces, or 1/4 cup, of butter, oil, meat drippings, or other fat; 2 ounces, or 1/4 cup, of sugar; or 1 1/2 cup of honey, or syrup, or an equivalent amount of other sweet.

1 1/4 pounds of food from the following: Fresh fruits and fresh or root vegetables.

12 ounces of food from a class which may be called "meats and meat substitutes"; that is, moderately fat meats, poultry, fish, eggs, cheese, dried legumes (beans, soy beans, peas, lentils, cowpeas, and peanuts). Milk also belongs among these foods, but because of the large amount of water it contains, half a glass, or 4 ounces of it would be required to equal an ounce of any one of the others.

A man who works hard out of doors all day probably would need more food than this, and one who sits all day at his desk would need less. The amounts given are suitable for a man who, like a salesman in a store, walks about more or less and does more or less of such work as lifting.

**For a Family of Five.**

A family consisting of a man and a woman, who do moderately hard muscular work, and three children—say, between 3 and 12 years of age—would get the food they require if supplied daily with:

4 1/2 pounds of bread, having about the same food value as 3 pounds of wheat or rye flour, oatmeal, corn meal, hominy or rice; or about 2 1/2 pounds of such cereals and 5 or 6 medium-sized potatoes.

**Acid Phosphate Superior To Raw Phosphate Rock.**

Acid phosphate in field tests conducted for nearly 20 years by the Ohio Experiment Station has proved to be not only a more effective but also a cheaper carrier of phosphorus than raw phosphate rock for crops under conditions which render freight charges a relatively large part of the cost of the fertilizer. These tests have included experiments with these two fertilizing materials by themselves, and in connection with other fertilizers, with lime and barnyard manure.

Acid phosphate is made by treating raw phosphate rock, or floats, with an equal weight of sulphuric acid. This process reduces the percentage of phosphorus but increases its solubility. The acid phosphate therefore costs more and freight on it is higher also. Still, the tests at the Experiment Station show that, while raw phosphate may be used with profit on land deficient in available phosphorus, acid phosphate has produced increases in crop yields more than sufficient to meet the larger cost.

**Cereals Used Freely.**

In these combinations of food, it will be noted, bread and other preparations of cereal food are used as freely as they conveniently can be, without making the ration one sided or unattractive. A diet equal in nourishment might be planned with less cereal, but this would make it

necessary to increase the amounts of more costly foods, such as meat, fruits, and vegetables.

Cereals can be used freely without making the diet monotonous if they are served in a variety of forms and combined with other nutritious or flavoring materials, such as meat, cheese, onions, celery, tomatoes, and other vegetables and dried, cooked, or fresh fruits.

## Sample Meals for a Family of Two Adults and Three Children.

The food materials indicated as being required may be combined into three meals in many ways. The following meals are given not because they are recommended above many others that might be prepared, but simply to show that such foods can be combined into dishes commonly used in American homes. These meals supply during the day all of the eight essential substances and also provide flavorings and condiments which, while not important as sources of nourishment, add to the attractiveness of certain foods.

## Breakfast.

Fruit, 1 1/4 pounds of fresh fruit (equivalent to 3 medium-sized oranges, 5 small apples, or a quart box of strawberries), or three or four ounces of dried fruits (equivalent to 10 or 12 dates or 4 to 5 figs).

Cereal breakfast food, 4 ounces before being cooked, or about 1 1/2 pints after it is cooked. The equivalent in food value in puffed or flaked, ready-to-eat cereals would be 5 or 6 cups.

Milk on cereal, 1/4 cup for each person.

Sugar on fruit, or cereal, or in coffee, 2 1/2 level tablespoons or 1/4 ounces.

Bread, 8 slices, or 8 ounces.

Butter, 1 1/4 ounces, or 2 1/2 cubic inches.

An egg, or 2 ounces of meat, fish, or poultry for each older person, and a glass of milk for each young child.

## Dinner.

Meat, or fish, 1/4 pound per grown person; or, for each child, an egg or a glass of milk.

Potatoes (5 medium sized), 1 1/4 pounds.

Another vegetable (turnips, corn spinach, cauliflower or other), 1 pound.

Bread, 8 slices, or 8 ounces.

Butter, 1 1/4 ounces, or 2 1/2 cubic inches.

Steamed apple (or other fruit) pudding. (Ingredients: Two cups flour, 2 tablespoons butter, 3/4 cup milk, 4 apples, 1 tablespoon sugar.)

Sauce. (Ingredients: One-half cup sugar, 1 1/2 tablespoons flour, 2 teaspoons butter, 1/4 cup water, flavoring.)

## Supper.

A gravy made out of 1 pint of skim milk, 1/4 cup flour, 2 level teaspoons butter, and 4 ounces salt or smoked fish (just enough for flavor). To this can be added the egg yolk left from the frosting of the cake. (See below.)

Rice, 8 ounces, or 1 cup, measured before being cooked.

Bread, 8 slices, or 8 ounces.

Butter, 1 1/4 ounces, or 2 1/2 cubic inches.

One-half of a cake. (Ingredients for whole cake: 1/2 cup butter, 1/2 cup sugar, 1 egg, 1/2 cup milk, 1 1/2 cups flour, 2 1/2 teaspoons baking powder.) Frosting made with 1 egg white and 1/4 cup sugar.

## Why the Various Substances are Important.

The mineral substances, such as lime salts, compounds of phosphorus, iron, and others are supplied largely by vegetables. They serve the body as building material, tend to counteract acidity in the body tissues and fluids and are useful in other ways.

Vegetables and fruits, therefore, should not be neglected in the diet, especially as they supply also another substance, cellulose, the framework material of plants, which gives bulk to the diet and tends to prevent constipation.

Protein, a substance supplied by meat or meat substitutes, including milk, is a very important fuel and body-building material. It provides an element—nitrogen—needed to form body tissues, not only during growth in childhood but also to make good the wear and tear of use in persons of any age, thus keeping the body in repair. Absence of foods supplying protein would give a diet lacking in body-building materials.

Different kinds of starch, sugar, and fat are important fuels of the body.

The last group of substance is present in very minute quantities. These minute quantities are believed, however, to be vitally important to the body because of their effect in promoting growth in the young and in keeping the body well.

## Acid Phosphate Superior To Raw Phosphate Rock.

Acid phosphate in field tests conducted for nearly 20 years by the Ohio Experiment Station has proved to be not only a more effective but also a cheaper carrier of phosphorus than raw phosphate rock for crops under conditions which render freight charges a relatively large part of the cost of the fertilizer. These tests have included experiments with these two fertilizing materials by themselves, and in connection with other fertilizers, with lime and barnyard manure.

Acid phosphate is made by treating raw phosphate rock, or floats, with an equal weight of sulphuric acid. This process reduces the percentage of phosphorus but increases its solubility. The acid phosphate therefore costs more and freight on it is higher also. Still, the tests at the Experiment Station show that, while raw phosphate may be used with profit on land deficient in available phosphorus, acid phosphate has produced increases in crop yields more than sufficient to meet the larger cost.

After being four years tied up in a close coil a saw of vanadium steel was released and the treatment found to have influenced its shape very slightly.

## Out of the Night

## CORN GROWING

Early Planting Recommended for Semiarid Regions—Plants Infected Less by Frost and Drought.

Corn will not grow during cold weather as wheat and oats. Corn-planting time is, therefore, a little later than the best time for sowing spring wheat or spring oats. However, according to Farmers' Bulletin 773, when seed of perfect vitality is used, it is remarkable how early in the spring corn can be planted and result in good stands and good yields. Seed of perfect vitality will often remain in cold or dry soils for several weeks and afterwards germinate and yield well. Irregular stands are sometimes attributed to poor seed, when dry, poorly prepared spots are the cause. Fields are sometimes seen in which the seed germinated promptly in moist spots but did not germinate in dry spots until rains came.

Where the seasons are long and moisture plentiful, it is customary to wait until the soil is warm before planting. In semiarid regions, however, corn should be planted early.

With the soil in proper condition it is generally advisable in semiarid regions, south as well as north, to plant corn before danger from frost is entirely past. Corn planted very early usually makes a slow, tough growth and a month after planting may be smaller and look less promising than that planted later. The early planted corn ripens first, however, and usually produces the larger or the better crop. Because of its slow, tough growth corn planted very early is not so susceptible to frost and drought as corn planted later and growing more rapidly. In a series of years the gain in mature corn secured from early planting will more than make up for any injury from spring frosts. Excellent corn crops have been produced from plantings frozen off or frozen back when the plants were from a few inches to a foot or more tall. Corn is not often entirely killed by spring frosts, and if some should be injured the loss is much less serious than from summer drought or fall frost.

Early planted corn derives more benefit from the spring moisture supply, becomes well rooted before summer droughts begin, and may even benefit from these droughts become severe.

Where the growing season is very long and warm, plantings made at about 30-day intervals increase the chances of hitting the season right and raising some good corn.

Testing Parent Stock For White Diarrhea.

A successful poultryman, who ships eggs for hatching as well as supplying baby chicks, understands the importance of keeping untainted flocks. By attending the short course at the agricultural colleges he learned that white diarrhea may be transmitted to the offspring through the eggs from infected hens. At a cost of 5 cents each this enterprising poultryman has his flock tested by the state authorities and rejects all hens that are not up to requirements.

The test is made by an operator who brings as many sterile tubes as there are birds to be tested. These tubes are numbered to correspond with the legbands worn by the different birds. The bird is firmly held, a few feathers pulled from the under side of the wing between the second and third joints. With a sharp sterilized instrument, an incision is made, causing the blood to flow into the tube. A slight pressure on the wound and the blood almost immediately stops and soon clots over.

As soon as the report from the laboratory is complete all the undesirables are culled out with the result that the disease has never got started. Now, this is science, and what have we but just common sense and that is all.

Determining Acidity of Corn.

The test to determine the acidity of corn, which previously required 16 to 18 hours, can be made in less than 1 hour by the use of improved apparatus developed by H. J. Besley and G. H. Baston, of the Office of Grain Standardization, Bureau of Plant Industry. Under the new method an electric mechanism, similar to those seen on soda fountains, is used to mix finely ground corn and alcohol. Thirty minutes of mixing it is found will extract from the corn an amount of acid-reacting substances comparable to the amount extracted through digestion in 80 per cent alcohol at room temperature for 18 hours.

The methods for making acidity determinations of corn with this apparatus are described in detail in Circular 68, Office of the Secretary, recently published by the United States Department of Agriculture.

Currant bushes are very bad neighbors for white-pine trees, as the currant bush may act as host for the fungus which causes white-pine blister rust. This disease can be spread by nursery stock of white pine, and those who wish to protect their pine trees should not plant currants near them.

The boy stirred; and the long, dark fashes that lay on either cheek quivered. Nathan Oliver knelt down by his side and supported him in his arms. "How do you feel now?" he whispered into the little, shell-pink ear. Then he shrank back, for he became aware that the boy's eyes were gazing at him wonderingly. He forced himself to meet their gaze; there was no fear or horror in those sweet, trusting eyes; only dumb inquiry, and—yes, the boy was smiling.

Delicious table syrup can be made from curr and waste apples by home methods developed by the United States Department of Agriculture.

It is estimated that there is enough waste from the sawmills of the South alone to produce twenty thousand tons of paper a day.

Seven is generally regarded as a lucky number because it is sacred to Apollo. The story goes that at the birth of this deity seven sacred swans circled about his head.

Many women are successfully engaged in fruit cultivation in this country, the number in this occupation in California comparing quite favorably with the number of men thus engaged.

## SODIUM FLUORID FOR CHICKEN LICE.

Newly Discovered Remedy Rids Fowls Quickly of All Such Parasites.

One application of sodium fluorid will kill all lice of chickens, entomologists of the Department of Agriculture have discovered. This inexpensive white powder, they find, will rid a flock of all the seven common species of chicken lice in a few days. One pound, costing only 40 or 50 cents at the time of this writing, is enough to treat 100 fowls, if dusted on. If dissolved in water and used as a dip, the same amount will go three times as far. It is easily applied, economical, gives immediate results, and does not injure the fowls or the poultryman.

The complete effectiveness of the sodium fluorid remedy and methods of using it are discussed in Farmers' Bulletin 801 of the U. S. Department of Agriculture, "Mites and Lice on Poultry," by F. C. Bishop and H. P. Wood.

The complete effectiveness of the sodium fluorid remedy and methods of using it are discussed in Farmers' Bulletin 801 of the U. S. Department of Agriculture, "Mites and Lice on Poultry," by F. C. Bishop and H. P. Wood.

Now, all dem other nations  
I don't give a dam,  
If you just be my partner  
And whip that Uncle Sam.

You know I got dem submarines,  
All Europe knows dot well,  
But dot Edison got a patent now  
And blow up Johnny Bull.

Now, Gott, if you do this,  
Den you I will always love;  
Und I will be emperor of the earth  
Und you be emperor above.

But, Gott, if you refuse me dis  
Tomorrow night at eleven  
I'll call mine Zeppelins out  
Und declare war on heaven.

I wouldn't ask this from you  
But it can be plainly seen,  
Dot when Edison pushes dot button  
I got no submarine.

## DER KAISER'S PRAYER.

Mine Gott, will you be mine partner?

You don't know who I am?

I am the German Kaiser.

Der Emperor Will-i-am.

You know I whipped dem Belgians,

Und mitt bullets filled Russia full;

Und I'll whip France and Italy

And blow up Johnny Bull.

Now, all dem other nations

I don't give a dam,

If you just be my partner

And whip that Uncle Sam.

You know I got dem submarines,

All Europe knows dot well,

But dot Edison got a patent now

And blow up Johnny Bull.

Now, Gott, if you do this,

Den you I will always love;

Und I will be emperor of the earth

Und you be emperor above.

But, Gott, if you refuse me dis

Tomorrow night at eleven

I'll call mine Zeppelins out

Und declare war on heaven.

I wouldn't ask this from you

But it can be plainly seen,

Dot when Edison pushes dot button

I got no submarine.

## Obituary

Nora G. Bullington was born in Taylor County, on December 10th, 1876. In 1909 she moved to Easton, Wis., with her parents from Amboy

# SOCIETY

## Monday

G. R. C. Meeting, The Misses John son.

O. E. S. Parlor Club, Masonic Hall G. A. R. Circle, G. A. R. Hall.

Knights of Columbus, K. C. Hall.

I. O. O. F. Meeting, I. O. O. F. Hall.

Hoi Pollo Club, Miss Nell Fuest man.

A. U. S. W. V. Meeting, Miller Hall.

Wednesday

Congregational Missionary, Mrs. L. P. Seipel.

St. James Missionary, Mrs. Hager man.

Thursday

Zion Missionary, Mrs. Claude Sweitzer.

Inter Nos Club Meeting, Mrs. Geo. Missman.

## Senneff Family Reunion

One hundred twenty-seven members of the Senneff family, scattered far and wide among the different states of the union, made their reunion of Saturday, June 16th, at the Assembly park, Dixon, a memorable occasion. The majority came from away although Dixon has quite a number of representatives. Mrs. McGinty and son of Kimball, S. D. came the farthest; there were a number from Miami, Iowa, and Wisconsin, and Illinois was, of course, particularly well represented by branches of the family from Chadwick, Lanark, Mendota, Clinton, Sterling, Rock Falls, Milledgeville, and Pawpaw. David Senneff, one of the older members of the family, was here from Quincy.

At noon a scramble luncheon was spread on three long tables in the dining room of the Assembly Park hotel--three tables reaching the entire length of the dining room, and white were used in decorating. Pennies in pink and white were used in decorating. At the close of the most bountiful and excellent luncheon a program of toasts and music was enjoyed, with Henry B. Senneff, president of the reunion association for the past year, as toastmaster.

## Hemstitching Shop

Hemstitching on all kinds of

## MISS MABEL MANGES,

213 First Street.

## SAVE YOUR COMBINGS

Have them

Made into Switches

## HAIR WORK

Care of Hair, Face and

Hands.

## BEAUTY SHOP

FLORENCE I. DUSTMAN

Dixon National Bank Bldg.

DIXON, ILL.

## ALL HATS

Greatly Reduced

for the Next 30 Days.

## HESS MILLINERY

208 First Street

## LA CAMILLE CORSETS

## The Brown Shoe Company

DIXON, ILL.

Manufacturers of Ladies' and

Misses' Shoes

Capacity 4,000 Pairs Daily

## 5% FARM LOANS 5%

Long Time--Optional

Payments. Write

A. G. HARRIS Dixon, ILL.

## 11 YEARS

in Dixon, in that period others have come and gone. This is the oldest and best established practice in the city. If your nerves or eyes trouble you see him. You will save time and money.

DR. W. F. AYDELOTTE

Neurologist Health Instructor

223 Crawford Ave., Dixon, ILL.

Phone 160 for Appointments

New officers were also elected, making Homer E. Senneff president, Harvey M. Senneff vice president, and Mrs. Walter E. Fults secretary-treasurer. All the officers were chosen from Dixon, thus simplifying the arrangements for next year's family reunion.

In the afternoon many enjoyed a launch ride to Grand Detour, while others remained at the park, enjoying the opportunity to discuss the happenings of the past year.

The majority of those present, after visiting with the different families of relatives here, left last evening for their homes. Mrs. Longfellow remained for a longer visit with her sister, Mrs. Sindlinger. Frank Senneff of Minnesota will spend some time at the Samuel Senneff home, and David Senneff of Quincy went to Sterling to visit at the home of his son, Charles Senneff.

## Had Pleasant Outing

The girls of the class of '17, D. H. S., their chaperon, Mrs. George Campbell, and Mr. Henning broke camp Friday evening after a five days' outing at Black Hawk cottage, White Rock. On Tuesday afternoon a wiener roast was enjoyed by the members of the camp and a number of the boys of the class of '17. Tuesday Mrs. M. A. Howard, Mrs. Worthington, Mrs. Wheeler, and little Frances Campbell spent the day and enjoyed a chicken dinner. Miss Frances remaining the rest of the week. In the evening on Wednesday a fish dinner was served as fifty fine fish had been caught by members of the camp. The camp was broken Friday with much regret. A reunion was planned to be held in the same place in two years.

## Congregational Missionary

The Missionary Society of the Congregational church will meet on Wednesday afternoon, June 26th, with Mrs. L. P. Seipel. The meeting will begin at 3 o'clock. A good attendance is desired.

## Ends Visit to Kasson

Mrs. Winters of Kasson, Minn., who has been visiting her parents, Mr. and Mrs. Lloyd Burger, of N. Dixon, will go to Polo this evening to visit until Thursday, and from there will leave for her home in Minnesota.

## Country Club Supper

The Country Club members will have a basket supper and dance Thursday evening at the club house. Miss Myrtle Rice and Curtis Rice will play for the dancing and an enjoyable evening is anticipated. Mrs. Lubes will serve coffee to those notifying her by Wednesday evening.

## Dined at the Sheffield

Mr. and Mrs. Guy Miller were din ner guests Sunday evening at the Sheffield, Grand Detour.

## Piano Recital

The piano pupils of Mrs. E. M. Goodsell will appear in recital Friday afternoon at the home of Mrs. L. W. Newcomer, 303 Crawford Ave.

A number of guests have been invited to be present.

## Entertained

Mr. and Mrs. M. P. Burket entertained yesterday Mrs. Senneff of Chadwick, W. T. Greig, and Mr. and Mrs. Rolland Greig and son Willis.

## Gave Breakfast

Mr. and Mrs. Edw. Vail entertain ed with an early morning breakfast Mrs. Timothy Duffy and the Misses Mary and Nellie Bresnahan.

## At Lowell and Hazelwood

Mr. and Mrs. William G. Hartshorn and their son and his wife, Mr. and Mrs. Myron Hartshorn, of Nelson spent some time at Lowell Park Sunday and were later guests at the Hazelwood home of Atty. and Mrs. E. H. Brewster.

## Sunday Guests

Mr. and Mrs. Tony Albrecht of Franklin Grove were entertained on Sunday at the Henry Kurtzrock home in Palmyra.

## Mrs. Russell Here

Mrs. Jack Russell of Wausau is a guest of her mother, Mrs. M. D. Grimes.

## BRITISH SHIP SUNK

(Associated Press) London, June 18--The British transport Ronan, with a small number of troops aboard, has been report ed sunk by a submarine torpedo in the Mediterranean on June 2nd, and 63, including the captain, are believed to have been drowned.

## JUDGE FROST IS DEAD

Rockford, June 18--Judge Frost, for many years on the circuit bench in this district, died at his home here this noon. Funeral services will be held Wednesday and it is expected many lawyers and county officials from this part of the state will attend.

## Guy Moser was here Saturday

from route 3.

Leon Henning, who has completed

a successful year as teacher in the

Denison, Texas.

Write the Lydia E. Pinkham Medi cine Co., Lynn, Mass., for free advice.

## Entertained in Sterling

Mr. and Mrs. Lloyd Burger, their daughter, Mrs. Winters, who is here visiting them from Kasson, Minn., and Mr. and Mrs. Wm. Schultz, Jr., and son drove to Rock Falls Sunday and were dinner guests at the home of Mr. Burger's brother, Jeremiah Burger. In the afternoon and at supper they were guests in Sterling of Mr. and Mrs. Adam Jacobs.

## Drove to Oregon

Mr. and Mrs. Frank Bender and Mr. and Mrs. August Krug and daughter, Helen, motored to Grand Detour and Oregon, returning later in the evening.

## Dinner in Grand Detour

Mr. and Mrs. Edw. Vail and Mr. and Mrs. C. B. Yonts motored to Grand Detour Sunday evening, dining at the Sheffield.

## Baptist Ladies' Aid

Mrs. T. J. Miller will entertain the north and south side sections of the Baptist Ladies' Aid tomorrow afternoon at 2:30 o'clock.

## To Visit Mother

Mrs. Frank Goodwin, with her two children, of Columbus, Wis., is expected soon for a visit with her mother, Mrs. Harding and her sisters, Mrs. D. B. Hansen and Miss Jeanne Harding.

## Supper in Polo

Mr. and Mrs. Frank Boettcher of Polo entertained at supper Sunday evening Mr. and Mrs. Paul Anderson of Polo and Miss Olive Bender and Joseph Crawford of Dixon.

## At Dinner

Mr. and Mrs. Leslie Heaton entered at Sunday dinner Mr. and Mrs. Roy Helfrich and son Alwin, the Misses Marie Sorbe, Marie Fischbach and May and Leona Fischbach and Messrs. Charles Fischbach and Harold Fisher.

## St. James Missionary

The Woman's Missionary Society of the St. James Lutheran church will meet with Mrs. Hagerman on Wednesday afternoon at 2:30 o'clock.

## McBroom-Pratt

Herbert C. Pratt of this city and Miss Minnie McBroom of Ozark, Mo., were united in marriage Saturday evening at 6:30 o'clock at the Methodist parsonage here by the Rev. E. C. Lumsden. Mr. and Mrs. Pratt will make their home near Grand Detour.

## Country Club Supper

The Country Club members will have a basket supper and dance Thursday evening at the club house. Miss Myrtle Rice and Curtis Rice will play for the dancing and an enjoyable evening is anticipated. Mrs. Lubes will serve coffee to those notifying her by Wednesday evening.

## For Mrs. Duffy

Mrs. Merton Ransom will entertain a group of friends this evening with a scramble supper in honor of Mrs. Byerhoff of Thornton, Iowa.

## Entertained

Mr. and Mrs. M. P. Burket entertained yesterday Mrs. Senneff of Chadwick, W. T. Greig, and Mr. and Mrs. Rolland Greig and son Willis.

## Gave Breakfast

Mr. and Mrs. Edw. Vail entertain ed with an early morning breakfast Mrs. Timothy Duffy and the Misses Mary and Nellie Bresnahan.

## At Lowell and Hazelwood

Mr. and Mrs. William G. Hartshorn and their son and his wife, Mr. and Mrs. Myron Hartshorn, of Nelson spent some time at Lowell Park Sunday and were later guests at the Hazelwood home of Atty. and Mrs. E. H. Brewster.

## Sunday Guests

Mr. and Mrs. Tony Albrecht of Franklin Grove were entertained on Sunday at the Henry Kurtzrock home in Palmyra.

## Mrs. Russell Here

Mrs. Jack Russell of Wausau is a guest of her mother, Mrs. M. D. Grimes.

## Daughter Welcomed

The home of Mr. and Mrs. Carl Ackert of Walton was made very happy Saturday, June 16th, by the arrival of a nine pound baby girl.

## From Ft. Sheridan

Paul Mossbacher, sergeant of Co. G, I. N. G., who was recently assign ed to the Officers' Training Camp at Fort Sheridan, was here Sunday with his grandparents, Mr. and Mrs. Nicholas Mossbacher.

## To Have Picnic

A group of young ladies, including Misses Sylvia Kelly, Pansy Himes, Edith, Ethel and Dorothy Palmer, Delia Phillips, Edna Decker, Marjorie Slothower, Eva Peterson, Ruth Kerz, Marcella Bremer, Edie Green, Mary Adolph, and Klara Fischer, will take the Colony car this evening to the D. G. Palmer Farm on the Hazelwood road where

they will enjoy a picnic supper. A

Victrola will also be taken to pro vide music for the evening of merri Dixon schools, left Friday evening

and anticipated. Mrs. E. J. Decker

for his home at Platteville, Wis.

er and Mrs. Palmer will chaperon the party.

## Retired from Sioux Falls

Mrs. W. W. Lehman and daughter Kathryn returned this morning from an extended visit at the T. A. Moss holder home at Sioux Falls, S. D. Miss Anna Mossholder accompanied them home and later she and her father, T. A. Mossholder, will make their home here.

## At E. C. Kennedy Home

Mr. and Mrs. W. J. Kennedy and family are guests of Mr. and Mrs. E. C. Kennedy. Mrs. Kennedy and the children were here to spend Sunday and Mr. Kennedy arrived this morning from Winslow, Ill., their home.

## Among Diners

The Dr. Thompson and the Rob- ert Sterling families were among the many dining at the Sheffield, Grand Detour, Sunday.

## At Supper

Mr. and Mrs. Wm. Harkins enter tained at Sunday evening supper Mr. and Mrs. Jesse McKenney of Sterling.

## For Sunday Dinner

Mr. and Mrs. George Downing and Mr. and Mrs. Stager of Sterling took dinner at the Sheffield, Grand Detour on Sunday.

## Dinner at Grandy

Misses Myrtle Rice and Mary Hussey and Charles Bishop and Clinton Mossholder dined yesterday at the Sheffield, Grand Detour.

## To Visit Parents

Mr. and Mrs. Henry Hicks came this morning from West Brooklyn to visit with Mrs. Hicks' parents, Mr. and Mrs. W. W. Lehman.

## From Rock Island

## Dixon Evening Telegraph

Published By

The B. F. Shaw Printing Company, at 124 E. First Street, Dixon, Illinois, Daily Except Sunday.

Entered at the Postoffice in the City of Dixon, Illinois, for transmission through the mails, as second class mail matter.

THE OFFICIAL PAPER OF THE CITY OF DIXON.

MEMBER OF AUDIT BUREAU OF CIRCULATIONS

## TERMS OF SUBSCRIPTION:

By Carrier, One Year in Advance, \$5.00. Per Week, 10c. By Mail, In Advance, \$3.00 Per Year, or 25c Per Month.



## GIGANTIC CAMPAIN STARTED IN NATION

(Continued from Page 1)

cult to estimate the requirements here. As to the other parts of the world, it is absolutely impossible. That estimate can only be definitely made and presented when we know the amount of money we have to expend.

The vision the War Council has of the Red Cross is a very great one. The Red Cross is a recognized official organization to carry on humanitarian work. It is the recognized international organization in all the civilized countries of the world—and I might also add, in Germany.

We are now facing a situation the like of which has never before existed. It is most important that every man and woman in this room carry back from Washington some sense of that obligation, some idea of what the people of this country are looked to supply if we are going to begin our work.

**Society Shall Need**  
**\$100,000,000 and More.**

We ask for \$100,000,000. It is a large sum of money, but, believe me, the people of this country are not only going to supply it but a great deal more.

There has been some question concerning the obligation of the Red Cross and its field of work. If it is to be the recognized organization through which the work must be carried on, it must work in many new fields and new ways.

Something of what we must expect to do and something of the sacrifices which we must expect to make will be indicated by the following summary of the very present situation:

**Much Work for****U. S. Chapter Abroad.**

Hundreds of America doctors and nurses are already at the front. A force of 12,000 American engineers will soon be rebuilding the railroads of France. Upward of 25,000 American men are now on the battlefields of Europe, fighting as volunteers in the allied armies; soon 25,000 American regulars will be added to that number. All our National Guard is to be mobilized, our regular army is to be recruited to full strength and 500,000 other men shortly to be called to the colors. Within a few months we should and will have in service an army of 1,000,000 men and a navy of 150,000 men.

The Red Cross is doing noble work and, ladies and gentlemen, it is an obligation upon every man, woman and child in this country. I hope it will be sufficiently realized that we shall not only enjoy the satisfaction of contributing our energies and our money, but we will also have thereby received a very great benefit.

**Sense of Sacrifice  
Needed in This Country.**

Certainly there is nothing this people need more than a sense of sacrifice. This is no time to listen to the man who says: "I am contributing so much here and so much there, taxes are very high, and the cost of living is growing."

The question of opportunity comes up—whether we shall do it at this time or another time. There is no calendar on the battlefield. There is no waiting for conditions there, and we cannot wait for conditions here.

There are many very fine activities thru other organizations throughout all parts of this country, born on the very best spirit based on patriotism, or something of the appreciation of the needs. In our campaign we can have but one thing in mind, and that is the Red Cross. It must be the Red Cross first, last and all the time, because if we begin to recognize this or that agency we will lessen our effectiveness, and no one will succeed.

Appreciating the importance of that, and recognizing the fine work these fine organizations are doing, a committee has been appointed by the War Council, with Judge Robert S. Lovett, chairman of the Board of the

etc., and will be pleased to receive orders for same. Her address is 903 E. Second St. 1396

Misses Emma Schumm and Florence Watts visited friends in Byron Sunday.

Subscriptions to the Telegraph must be paid in advance.

Healo weather is at hand. Ask any druggist as to the merits of Healo, the well known foot powder.

Mr. and Mrs. M. J. Burright were here Sunday from Sublette.

Mrs. Bert Pearl of Palmyra was in Dixon Saturday.

Mr. and Mrs. Glen Swartz were here Saturday from Palmyra.

F. A. Wiegand of Woosung was a Saturday business caller.

I. B. Wallace of Galesburg is a guest of his daughter, Mrs. W. W. Warner of North Dixon, and while here is doing some carpenter work for his daughter.

S. M. Ayres, manager of Kirkwood Lumber Company of Kirkwood, formerly of this city, motored to Dixon and spent the week-end with his brother, R. M. Ayres.

Frank Ford of West Brooklyn was in Dixon today.

## GOT BIG VERDICT

(Associated Press)

New York, June 18—In her breach of promise suit against millionaire Manning, aged 85, the jury awarded Miss Honora O'Brien, aged 23, a verdict of \$225,000.

## IS YOUR SOIL ACID?—IT'S EASY TO FIND OUT.

As the soil gradually loses its basic materials, like calcium and magnesium, by cropping and leaching, such lime-loving plants as clover and alfalfa cease to thrive.

Cultivation and cropping hasten the removal of the basic materials; this is one reason why some soils become acid and do not grow good clover even when fertilized.

As a means of determining the need of the soil for lime, the litmus paper test when properly made is probably as good as any chemical test.

declare the Ohio Experiment Station chemists after several years of experimentation with different methods of detecting soil acidity. This test consists in placing blue litmus paper, which may be bought at drug stores, in contact with moist soil for half an hour.

Tests at the Experiment Station indicate that soils which turn the blue litmus paper red in this time will be benefited by liming.

Land that does not need lime to increase crop yields will have but slight tendency to change the color of the blue paper.

## Furnace Slag Cannot Take Place of Lime.

Recent tests conducted at the Ohio Experiment Station indicate that slag from blast furnaces is not as efficient as limestone and lime for correcting acidity in the soil.

Basing his statements upon these tests, J. W. Ames, Station chemist, advises farmers not to substitute slag for any form of lime except in an experimental way.

The reason given for the inferiority of the slag is that the calcium and magnesium are combined as silicates, and much larger amounts of this furnace by-product must be used than is necessary with lime. In one test at the Experiment Station an application of eight tons of slag per acre was not as effective as four tons of limestone.

Furnace slag is often confused with basic slag, also called Thomas slag, as a carrier of phosphorus. Blast furnace slag does not contain more than a trace of this element.

Production.

## LOAN BELOW \$3,000,000,000

## Atlanta and Minneapolis Only Cities Below Their Quotas.

Washington, June 18.—Up to Sunday evening only one federal reserve bank—that in Atlanta—had finished its tabulation of liberty loan subscriptions. The government's estimate of over subscriptions remains unchanged.

The most conservative guess of figures among the officials is that the sum will not run below \$2,700,000,000 while the more hopeful say it will reach a round \$3,000,000,000. Atlanta and Minneapolis are the only cities below their quota.

## PRODUCE WINTER EGGS

## Supply in Periods of Greatest Scarcity May Be Increased by Proper

Poultry owners who wish to obtain a satisfactory production of eggs during the fall and early winter should arrange to hatch pullets in March or April. Birds hatched at this time will be well matured in the fall. Furthermore, a greater proportion of them will go broody early in the spring, thus completing the circle necessary for production in the fall.

Pullets hatched in the spring can be induced to lay more abundantly in the winter if they are properly fed, housed, and handled. On the average general farm, very few eggs are secured at the time when eggs bring the highest prices. It will pay the poultry owner, therefore, to devote a little trouble to providing his birds with the most favorable surroundings for the winter.

The house should be thoroughly cleaned, disinfected, and made tight before the cold weather sets in. If the house has a dirt floor, it is well to remove 3 or 4 inches of dirt from the top and to replace this material with dry gravel or sand. On cement or wooden floors 4 or 5 inches of fresh straw or litter may be thrown down after the floor has been cleaned.

Ventilation is another important factor to consider. The house should be tight on three sides, but for the fourth muslin curtains may be used from one-third to one-half its extent. In any case, there should be some ventilation in the house, even on the coldest nights. Fowls will stand considerable cold air, providing it is dry, and ventilation will keep the air thoroughly dry in the house. On the other hand, drafts are likely to cause roup and other trouble.

Many farmers, in feeding their birds, overlook the fact that beef scrap or some similar feed is very essential during the winter months if a good supply of eggs is to be obtained. A convenient method of feeding beef scrap is in a mash made of three parts corn meal and one part each of wheat bran, wheat middlings, and beef scrap. Skimmed milk or buttermilk may be used in place of the beef scrap, but if the supply is limited some scrap also should be fed.

In experiments conducted by the department it was found that for the first four months pullets fed a ration containing beef scrap produced, on an average, 41.5 eggs, while those fed the same ration without the scrap produced only 18.7. The cost of feeding the latter birds was 2.2 cents higher for every dozen eggs produced than in the case of the pullets fed beef scrap.

The birds should have plenty to eat, but they also should always be eager for each meal. If one-third of the scratch grain furnished them is fed in the morning and two-thirds at night, the birds will take more exercise than if they receive all the grain they desire in the morning. Good scratch mixtures may be made of equal parts by weight of cracked corn, wheat, and oats, or of two parts of cracked corn and one part each of wheat and oats.

Other directions for the winter care of birds are contained in a new publication of the United States Department of Agriculture, Circular 71, Office of the Secretary, Winter Egg Production.

## WILL TAKE SUPPLIES TO CO. G COMMISSION INSPECTS PALACE

## Y. M. C. A. Sponsors Trip to Soldiers' Camp Tomorrow.

## Root Party Attended Service in Petrograd Chapel Sunday.

(Associated Press)

Petrograd, June 18.—The Root commission yesterday attended service in the Imperial chapel of the winter palace in Petrograd. They also made a tour of the gigantic building, much of which is now used as a military hospital, talked with the wounded soldiers and nurses and inspected the paintings. They passed many peasants who were being shown through the palace, which has heretofore been closed to the public.

## HOME FROM SHOWS.

Will Hommel and Ed Hooker are home from their work with World War at home shows, which they left at Butte, Mont., last week.

## MAY CHANGE SLOGAN.

(Associated Press)

Washington, June 18.—With Wyoming and seven counties of Kentucky still missing the total registration for the selective draft is 9,612,000.

## SIX HUNDRED GUARDS

## ARE IN DRAFT PERIL

ILLINOIS SOLDIERS FACE PRISON  
FOR FAILURE TO REGISTER.

CHICAGO, June 18.

Six hundred members of the Illinois national guard, subject to registration under the selective draft law, have failed to comply with the provisions of the statute, according to information reaching the office of United States District Attorney Clyne.

These men, say officials of the district attorney's office, have made themselves liable to the year's imprisonment provided for those who failed to register.

Their excuse is that they believed they had been federalized when they joined the national guard and therefore were exempt from registration.

All of these offenders, according to an unofficial opinion by District Attorney Clyne, are subject to the same penalties as those imposed upon eligible citizens who failed to register.

No criminal action will be taken, however, pending the receipt of an opinion from Attorney General Gregory in Washington.

## NEW RACE RIOT IS FEARED

## NEGRO SAID TO HAVE INSULTED WHITE WOMAN AT EAST ST. LOUIS.

St. Louis, Mo., June 18.—When a white woman was insulted on the streets of East St. Louis by a negro, a crowd promptly formed and beat him unconscious.

He was taken to a hospital in a serious condition. Crowds are gathering in the streets and a renewal of the recent race riots is expected.

## “AMERICA”

“My Country, 'tis of thee  
Sweet Land of Liberty”

Sung by Whitehill

And three other new VICTOR Records of Patriotic Songs

America—My Country 'tis of Thee

64677 10 in. \$1

Clarence Whitehill

Bottle Hymn of the Republic

Reinold Werrenrath

Columbia, the Gem of the Ocean

45121 10 in. \$1

Lambert Murphy [with Orpheus Quartet]

It's Time For Every Boy to be a Soldier

Charles H. Hart

18300 10-in. 75c

What Kind of an American Are You?

Peerless Quartet

My Own United States

Raymond Dixon and Male Quartet

18293 10-in. 75c

We'll Never Let Our Old Flag Fall

Edward Hamilton and Male Quartet

Come in and hear these patriotic records.

Theo. J. Miller &amp; Sons

## THINGS THAT NEVER HAPPEN

Copyright.



## City In Brief

—All goods sold by Wolf Chemical Co. are guaranteed to give satisfaction. Sold by Prescott & Schildberg. 794t

Supper at Presbyterian church Wednesday evening. Plenty of good things to eat. 144 t2

Miss Agnes Martin, a very talented Dixon young lady, is doing some very artistic work in color painting, in score cards, place cards,

Cabbage, per lb. .... 5c

200 lbs Dairy Butter, just in Saturday, per lb. 37c or two lbs 73c

A fine Imported Worcester Sauce, per bottle. .... 12c

Or 2 bottles for. .... 23c

A 40c Stone Jar of the Finest Apple Butter, per jar. .... 29c

A full size can of Pumpkin, per can. .... 11c

A 25c bottle of None Such Salad Dressing, per bottle. .... 19c

A few boxes Monsoon Soap, per bar. .... 4c—6 bars for 23c

A 50c Jar of A. I. Root's Pure Strained Honey, per jar. .... 39c

A No. 2 can of Red Beans—while they last—per can. .... 11c

A 25c can of Electrox Silver Cleaner, no rubbing required, put silver in Boiling solution of Powder only, per can. .... 21c

**S**

END WAR IN AIR  
IS PLAN OF U. S.GREAT PUNCH OF  
WAR PREPARINGPresident Is Behind \$600,000,  
000 Appropriation.CONGRESSMEN ARE CONVERTED  
ATTACK MUST BE SURPRISEAid to Allies Aerially Now Can Be  
Made Greater Than by Land—Oper-  
ations Later on, some Experts De-  
clare—Secretary Baker Declares  
Air Supremacy Most Important.Washington, June 18.—President  
Wilson's approval will be given to es-  
timates which are to go to congress  
this week calling for an immediate  
appropriation of \$600,000,000 to per-  
fect the American aircraft program  
projected by the council of national  
defense.The President's spokesmen in both  
houses of congress will lead a terrific  
drive for action at once. The enor-  
mous sum to be asked for will be a  
"continuing program."Secretary of War Baker, in a state-  
ment, declares that the war depart-  
ment "is behind the aircraft plans  
with every ounce of energy and en-  
thusiasm at its command."The secretary said he was convin-  
ced that American airmen and Ameri-  
can airplanes can turn the tide  
against Germany, and that the na-  
tion's ability to furnish innumerable  
men and machines for air afforded  
America her supreme opportunity for  
immediate service on the fighting line.

## Congress Converted to Plan.

From authoritative sources it has  
become known that leaders in con-  
gress who formerly gasped at sugges-  
tions for a gigantic air force, have  
promised President Wilson and his  
immediate advisers on war matters  
their unstinted support of the pro-  
posal and are said to have been fully  
convinced that the end of the war can  
be hastened through predominance in  
the air.Secretary Baker, reflecting the view  
of the war college, the army and navy,  
with the declaration that the United  
States aid to the allies in aircraft  
power will be proportionately of far  
greater value now than the aid which  
the nation can furnish later on the  
land.A few thousand aviators with ma-  
chines for their use may spell the  
whole difference between victory and  
defeat," Secretary Baker said. "The  
supremacy of the air in modern war-  
fare is essential to a successful army.  
America must make sure that the allies  
and not Germany secure the per-  
manent domination of the air, and  
that within the year."Secretary Baker's statement, inter-  
preted as a virtual demand of the ad-  
ministration for speedy action by con-  
gress, was sanctioned by the Presi-  
dent before it was made public. It  
says: "The war department is behind  
the aircraft plans with every ounce of  
energy and enthusiasm at its com-  
mand."

## Russ Woman Law Giver.

Washington, June 18.—A woman,  
Dr. Schischkin Yavein, sits in the  
council of sixty-one, which is now pre-  
paring Russia's national constitution.  
Dr. Yavein is head of the Russian De-  
fenders of Woman's Rights, which  
with the National American Woman  
Suffrage association and the corre-  
sponding organizations of other coun-  
tries, are branches of the Woman Su-  
frage Alliance, of which Mrs. Carrie  
Chapman Catt is president.

## BASEBALL RESULTS

## National League.

W. L. Pet. W. L. Pet.  
N. Y. .30 16 .652 Cin. .26 31 .456  
Phil. .29 18 .617 Bost. .19 24 .442  
St. L. .28 23 .549 Brook. .18 26 .469  
Chi. .30 25 .545 Pitts. .16 33 .327At Cincinnati— R. H. E.  
Phila. .0010001020000-4 14 3  
Cin. .004000000001-5 13 2  
Alexander and Killifer; Rogan and  
Wingo.At St. Louis— R. H. E.  
Brooklyn .00000010000-1 6 3  
St. Louis .42001000\*-7 12 2  
Marguard and Dell and Meyers;  
Ames and Snyder.At Chicago— R. H. E.  
Boston .010003010-5 9 3  
Chicago .001000001-3 12 3  
Allen and Gowdy; Hendrix, Seaton  
and Elliott and Wilson.

## American League.

W. L. Pet. W. L. Pet.  
Chi. .35 17 .673 Det. .23 25 .479  
Bost. .30 19 .612 St. L. .21 30 .412  
N. Y. .29 20 .592 Phil. .18 30 .375  
Clev. .28 28 .500 Wash. .18 31 .367At Cleveland— R. H. E.  
Philadelphia N000720000-9 14 0  
Cleveland .0000200210-5 11 2  
Falkenburg and Schang; Morton  
Combe, Lambeth, Klepfer and  
O'Neill.At New York— R. H. E.  
St. Louis .000020000-2 5 3  
New York .000000100-1 5 1  
Sotheron and Severeid; Caldwell  
and Walters.Audit Bureau of Circulations  
The Telegraph is a member of  
the above which is important  
to the advertiser.GREAT PUNCH OF  
WAR PREPARINGBoth Sides "Stalling" for Open-  
ing to Break Through.CONGRESSMEN ARE CONVERTED  
ATTACK MUST BE SURPRISEFacility for Shifting Reserves to  
Points Against Prolonged Offensives  
Makes Such Ineffective to End War.  
Whole Line Deluged by Shells.  
French Beat Back German Attack  
in the Making.London, June 18.—All the way be-  
tween the North sea and the Swiss  
front the allies and the Germans are  
"stalling."The big battles of the year are still  
to come. Everybody knows it. But no-  
body knows where. This is the lesson  
the Germans learned in Yser and at  
Verdun, the allies in the Champagne,  
on the Aisne, and at Arras—that no  
offensive can be pushed home to its  
ultimate purpose, the big "break-  
through" unless it comes absolutely and  
completely as a surprise—so much so  
that the opponents cannot find time to throw his reserves in men  
and guns into the sectors attacked.Not the slightest inkling must be  
given the enemy precisely on what  
front the great breach is to be effected.  
Therefore, practically the whole  
front must be continuously bombard-  
ed with equal force until everything  
is ready for the big blow.That's what is going on in the west  
today. Hindenburg is doing it on the  
French front, in the Champagne and  
on the Aisne, Sir Douglas Haig on  
the front between Ypres and Lens.  
Now and then local attacks are  
launched, a "kink" in the line is  
straightened out, and all the while  
reconnoitering parties are darting  
forward into the opposing line, re-  
turning with prisoners from whom,  
even when they are unwilling, some  
valuable pointers are always obtained.Interest has centered upon the  
Franco-German front. There the Ger-  
mans gave signs of showing their  
hand—but signs may have been part  
of the bluffing game both sides are  
now playing. This front's about forty  
miles long, from Cerny, southeast of  
Laon, to Auberive, eastern pivot of  
the Champagne sector. There are  
three sub-divisions: first from Cerny  
to Berry-au-Bac; second, from Berry-  
au-Bac to Nauroy; third, from Nauroy  
to Auberive. In each of these the  
crown prince's heaviest artillery has  
been displaying its top capacity ever  
since the French drive was checked.  
In one of these sectors the French  
look for big counter thrust.

Group 3—Foods Rich in Starch.

Cereals (wheat, rice, rye, barley,  
oats, and corn) and potatoes (white  
and sweet). Cereals come near to be-  
ing complete foods, and in most diets  
they supply more of the nourishment  
than any other kind of food. It is not  
safe, however, to live only cereals.Foods depended on for starch—  
Cereal grains, meals, flours, etc., Cere-  
al breakfast foods, Bread, Crackers,  
Macaroni and other pastes, Cakes,  
cookies, starch puddings, etc. Potatoes  
and other starchy vegetables.

Group 4—Sugar.

Unless some of the fuel is in this  
form the diet is likely to be lacking  
in flavor.Foods depended on for sugar—  
Sugar, Molasses, Sirups, Honey, Candies,  
Sweet cakes and desserts. Fruits  
preserved in sugar, jellies, and dried  
fruits.

Group 5—Foods Very Rich in Fat.

These are important sources of  
body fuel. Without a little of them  
the food would not be rich enough  
to taste good.Foods depended on for fat—  
Butter and cream, Lard, suet, and  
other cooking fats, Salt pork and  
Bacon, Table and salad oils.Some food materials really belong  
in more than one group. Cereals, for  
example, supply protein as well as  
starch; potatoes supply starch as well  
as the mineral matters, acids, cellulose,  
and body-regulating substances, for which they are especially valuable;  
and most meat supplies fat as well as protein. The lists given aboveshow some of the common food ma-  
terials arranged in these five groups,  
according to their most important  
nutrients. Thinking of foods as be-  
longing to these groups should help to  
prevent two mistakes—that of serving  
meals that have not sufficient variety,  
and that of cutting down in the wrong  
places when economy either of time  
or money is needed.The groupings will help the house-  
keeper who wishes to save money or  
time to simplify her meals without  
making them one-sided or incomplete.  
For example, from these groups, the  
housewife who has been serving  
bread, potatoes, and rice or hominy in  
one meal, will see that one or even  
two may be left out without omitting  
any important nutrient. They will show  
her that a custard which is made of  
milk and eggs, two foods from group  
2, would hardly be needed after a  
meal in which a liberal supply of meat  
had been served, and that a child does  
not need milk at the same meal with  
an egg or meat. It will suggest that  
baked beans or other legumes, or  
thick soups made of legumes, are  
substitutes for meat rather than foods  
to be eaten with meat.If by studying these groups, the  
housewife finds that she has provided  
the tissue-building protein (group 2), and  
the necessary though small amount of  
tissue-building minerals and body  
regulating materials (group 1) she  
may safely build up the bulk of the diet  
from whatever materials from the  
other groups that seem economical,  
wholesome, and appetizing.This method of planning prevents  
substituting one food for another  
which has an entirely different use. In  
general, economy within each group is  
safer than using an inexpensive food  
from one group in place of an expen-  
sive one from another group.Coles County Storm Deaths 100.  
MATTOON, ILL., June 18.The death list in Coles county as a  
result of the tornado of May 26 has  
reached a total of 100.Chaplain Broadman's Father Dies.  
PANA, ILL., June 18.Antone Broadman, father of the  
Rev. Father E. A. Broadman, chaplain  
United States navy, is dead at Pana,  
aged seventy-eight.

Coles County Storm Deaths 100.

MATTOON, ILL., June 18.

The death list in Coles county as a  
result of the tornado of May 26 has  
reached a total of 100.Brides-to-be, select your an-  
nouncements or wedding invitations  
at the Evening Telegraph Job Depart-  
ment.

## HOW TO SELECT FOODS

Household Grouping of Foods to Effect  
Economy and Insure Proper Diet—  
Uncle Sam's Food Specialists Urge  
Every Housekeeper to Think of the  
Food She Serves in Five Simple  
Groups—Foods Within a Group Are  
Interchangeable, but Can Not Be  
Substituted Safely for Foods from  
Other Groups.If the housewife will group the  
various foods in her pantry, vegetable  
bins, and refrigerator into five simple  
groups and will see that foods from  
each of the groups appear in each  
day's meals, she can feel sure that  
she is giving her family the eight  
different substances which the body  
needs for well-being. This grouping  
will help the housekeeper who wishes  
to save money or time to simplify her  
meals without making them one-sided  
or incomplete. It will enable her to  
determine whether the meals supply  
all the different materials needed and  
will prevent substituting one food for  
another which has an entirely dif-  
ferent use.To help the housewife group foods  
in a simple and effective way, the nutri-  
tion specialists of the U. S. Depart-  
ment of Agriculture have published  
the following suggestive grouping in  
Farmers' Bulletin 808, on how to  
select foods.

## Group 1—Fruits and Vegetables.

Without these the food would be  
lacking in mineral substances needed  
for building the body and keeping it in  
good working condition; in acids  
which give flavor, prevent constipa-  
tion, and serve other useful purposes;  
and in minute quantities of other sub-  
stances needed for health. By giving  
bulk to the diet they make it more  
satisfying to the appetite.Foods depending on for mineral  
matters, vegetable acids, and body-  
regulating substances.Fruits—Apples, pears, etc., Berries  
Oranges, lemons, etc., Bananas,  
Melons, etc.Vegetables—Lads, lettuce, celery,  
etc., Green peas, beans, etc., Squash,  
Tomatoes, etc., Potatoes, or "greens",  
Potatoes and root vegetables.

## Group 2—Meat and Meat Substitutes.

These are sources of an important  
body-building material, protein. In  
the case of children part of the protein  
food should always be whole milk.Foods depended on for protein—  
Milk, skim milk, cheese, etc., Poultry,  
Eggs, Meat, Fish, Dried peas, beans,  
cowpeas, etc., Nuts.

## Group 3—Foods Rich in Starch.

Cereals (wheat, rice, rye, barley,  
oats, and corn) and potatoes (white  
and sweet). Cereals come near to be-  
ing complete foods, and in most diets  
they supply more of the nourishment  
than any other kind of food. It is not  
safe, however, to live only cereals.Foods depended on for starch—  
Cereal grains, meals, flours, etc., Cere-  
al breakfast foods, Bread, Crackers,  
Macaroni and other pastes, Cakes,  
cookies, starch puddings, etc. Potatoes  
and other starchy vegetables.

## Group 4—Sugar.

Unless some of the fuel is in this  
form the diet is likely to be lacking  
in flavor.Foods depended on for sugar—  
Sugar, Molasses, Sirups, Honey, Candies,  
Sweet cakes and desserts. Fruits  
preserved in sugar, jellies, and dried  
fruits.

## Group 5—Foods Very Rich in Fat.

These are important sources of  
body fuel. Without a little of them  
the food would not be rich enough  
to taste good.Foods depended on for fat—  
Butter and cream, Lard, suet, and  
other cooking fats, Salt pork and  
Bacon, Table and salad oils.Some food materials really belong  
in more than one group. Cereals, for  
example, supply protein as well as  
starch; potatoes supply starch as well  
as the mineral matters, acids, cellulose,  
and body-regulating substances, for which they are especially valuable;  
and most meat supplies fat as well as protein. The lists given aboveshow some of the common food ma-  
terials arranged in these five groups,  
according to their most important  
nutrients. Thinking of foods as be-  
longing to these groups should help to  
prevent two mistakes—that of serving  
meals that have not sufficient variety,  
and that of cutting down in the wrong  
places when economy either of time  
or money is needed.The groupings will help the house-  
keeper who wishes to save money or  
time to simplify her meals without  
making them one-sided or incomplete.  
For example, from these groups, the  
housewife who has been serving  
bread, potatoes, and rice or hominy in  
one meal, will see that one or even  
two may be left out without omitting  
any important nutrient. They will show  
her that a custard which is made of  
milk and eggs, two foods from group  
2, would hardly be needed after a  
meal in which a liberal supply of meat  
had been served, and that a child does  
not need milk at the same meal with  
an egg or meat. It will suggest that  
baked beans or other legumes, or  
thick soups made of legumes, are  
substitutes for meat rather than foods  
to be eaten with meat.If by studying these groups, the  
housewife finds that she has provided  
the tissue-building protein (group 2), and  
the necessary though small amount of  
tissue-building minerals and body  
regulating materials (group 1) she  
may safely build up the bulk of the diet  
from whatever materials from the  
other groups that seem economical,  
wholesome, and appetizing.This method of planning prevents  
substituting one food for another  
which has an entirely different use. In  
general, economy within each group is  
safer than using an inexpensive food  
from one group in place of an expen-  
sive one from another group.

Coles County Storm Deaths 100.

MATTOON, ILL., June 18.

The death list in Coles county as a  
result of the tornado of May 26 has  
reached a total of 100.Brides-to-be, select your an-  
nouncements or wedding invitations  
at the Evening Telegraph Job Depart-  
ment.Send in your order now for the  
Telegraph. We are members of the  
Associated Press, the greatest news  
gathering organization in the world.CHANGES IN CABINET  
ARE MADE IN ITALYEnrico Arlotta, Now in U. S.,  
Made High Commissioner.Rome, June 18.—Semi-official an-  
nouncement is made that Premier  
Boselli has proposed to King Victor  
Emmanuel a reconstitution of the  
ministry and that the king has ap-  
proved the names submitted by the  
premier. Many of the present min-  
isters will retain their portfolios.It is understood General Gastone  
Grandina has been selected as min-  
ister of war, that Vice Admiral Arturo  
Triulzi will be marine minister,  
General Dall'Olio, minister of arma-  
ments and munitions and Ricardo Blan-  
chi minister of transportation to suc-  
ceed Enrico Arlotta, who will become  
high commissioner to the United



by STEWART  
EDWARD  
WHITE

Copyright, 1913, by Doubleday, Page & Co.

Ward puts it up to each man to get \$20 in one day. Monroe makes \$2 as a laborer. Johnny gambles and gets \$20.

Ward astounds the party by telling them, by shrewd business deals in one day in the Golden City, he accumulated seven thousand dollars.

Ward decides that he will not go with the party to the mines, but will stay in San Francisco, where he thinks more gold is to be found.

The party dig their first gold. They are not much encouraged when told that the value of their first pan is 12 cents.

Don Gaspar, a Spaniard, and his manservant Vasquez join forces with the trio and the gold is divided into five parts.

After working like beavers several days the miners decide to take a day off and attend a miners' meeting in town.

#### CHAPTER XVI.

On Trail of the Indians.

WAS terribly excited. The patter of the horses was now plainly audible, though owing to the inequalities of the ground, they could not become visible farther than a hundred yards away. I trembled violently and cursed myself for a coward, though I really do not think I was frightened. At any rate, I became deadly cool the moment the first savage appeared, and I drew a steady bead and toppled him off his horse before any one else had got in action. The shot brought them to a stand.

They had, I think, expected to find us in our ravine and were surprised. Immediately I dropped the butt of my rifle to the ground and began reloading. A shower of arrows flew toward us, but were deflected by the crisscross of the willows. In fact, this larceny of stout branches seemed to be an excellent sort of armor against arrows.

In the meantime my companions had each dropped his man, though Vasquez had better luck than skill, as his savage was only clipped in the leg. I fired once more and elicited a howl. There could be no missing at the distance unless a man quite lost his head, and personally I was too scared for that.

Another shower of arrows rattled in the willows; then the band broke to right and left and raced away up the hills like mad. They had no courage and lost stomach for the fight at once when they found us prepared.

We were astonished and delighted, for we had fully expected to be ridden down. As soon as we were quite certain this sudden retreat was not a ruse we came out from our shelter. How many wounded had made off, if any, we could not tell. Three dead bodies lay on the ground. To them we paid no attention, but, with many forebodings, hurried back to camp.

When we appeared in sight Missouri Jones ran out to meet us, his rifle over his arm.

"Where's Johnny?" I cried.

"He was down at the river a getting water," said Jones, "and I ain't seen him since."

We all ran down to the edge of the river pool whence we drew our supply. For a moment our hearts stood still, for no Johnny was in sight. Then he arose dripping from the middle of the pool.

"This water's cold," he remarked conversationally. "I think I'll come out. Anybody hurt?"

He waded ashore and shook himself like a dog.

"I didn't hear 'em until they were right on top of me, and I couldn't get away without being seen," said he, "so I just waded out and imitated a rock with my head."

We roared with laughter by way of relief.

"It isn't the first time, Johnny," said I.

"That's all right," put in Missouri Jones. "This is no joke. They got three of our horses."

Then he told us his experience.

"I was just a browning of the venison," he explained, "when I happened to look up, and that was three of our horses running off, tails up, and a half dozen Indians a-hossback driving 'em let drive with old Betsy and John

With a Roar of Anger Buck Barry Raised His Pick Ax.

Accordingly we dismounted and drew together in a little group. Over the top of the great ranges a gibbous moon rose slowly. By her dim light I could make out the plume on either side our ridge and the other dark ridges across the way. Behind us our horses occasionally stamped a hoof or blew through their noses.

I lay flat on my back and idly counted the stars. Happening to glance sideways, I caught the flicker of a distant light.

"Bagsby," I whispered, "there's a fire barely more than a half mile away."

He, too, lay down in order to get my angle of view.

"It's not McNally," he pronounced after a moment's careful inspection, "for it's too big a fire, and it's a lot more than half a mile away. That's a good big fire. I think it's Injuns."

"Probably the same gang that lifted our horses!" cried Buck.

"Probably," agreed Babsby. He sat upright and peered at us through the dim moonlight. "Want to get after them?" he inquired.

"You bet!" said Buck emphatically. "They may have McNally, and if they haven't they've got our horses."

"There's six of us, and we can shore make it interesting for that lot," agreed Yank. "Can we get to where they are?"

"I think so," said Babsby.

We rode for another hour, slanting down the mountain side toward the flickering fire. Every time a horse rolled a rock or broke a dried branch it seemed to me that the mountains reverberated from end to end. I don't believe I allowed myself to weigh over six ounces all told. Finally we left the slope for the bottom of the valley.

"I'd rather be below them than above it. It's going to be hard to get out this way," complained Babsby, "but it's the best we can do." He dismounted us, and we crept forward another half mile, leading our animals.

"This is as close as I dare take the horses," whispered Babsby. "Vasquez, you stay here with them," he said in Spanish, "and when I yell twice quick

struck linen closet should be in a cool, dry place.

Every woman has experienced the annoyance of scissors in her work bag. Take a cork of medium size and crochet a covering of some dainty colored silk—leaving the flat upper surface uncovered. Slip the points of the scissors into the cork and thus protect your work bag.

The white man seized his rifle, and the recumbent forms leaped to life.

"Who are you?" he demanded sharply. "Speak quick!"

"Keep your ba's on!" drawled the trapper, advancing into the light.

"We're perfectly respectable miners, out looking for a lost man, and we saw your fire."

The rest of us uttered a yell of joy and relief. One of the men who had been sleeping around the fire was McNally himself.

We drew together, explaining, congratulating. The strangers, six in number, turned out to be travelers from the eastern side of the ranges. They listened with interest and attention to our account of the Indian attack. McNally explained that he had been uncertain of his route in the dark, so that when he caught sight of the fire he had made his way to it. We were still engaged in this mutual explanation when we were struck dumb by a long drawn out yell from the direction of our own horses.

"It is Vasquez," explained Barry.

He wants to let us know where he is,"

But at that moment one of our own horses dashed up to the bunch of picketed animals and wheeled, trembling. Its rope bridle dangled broken from its head. Sam Babsby darted forward to seize the hanging cord.

"It's cut!" he cried. "Quick! Out across the valley, boys!"

We followed him into the moonlight, grasping our rifles. A moment later a compact band swept toward us at full speed, our horses in the lead, their rope halters dangling, a dozen Indians on horseback following close at their heels and urging them on.

"Shoot, boys!" yelled Babsby, discharging his own piece.

Our rifles cracked. It was impossible to take aim, and I am sure we hit

the ground.

"This water's cold," he remarked conversationally.

nothing. But the horses swerved aside from the long fiery flashes, and so ran into the picketed lot and stopped. The Indians flew on through our scattered line without stopping, pursued by a spatter of shots from our Colt's revolver.

"Awhile ago I was sorry we had to stop above camp," said Babsby, with satisfaction, "but it was a lucky thing for us. They had to come by us to git out."

"And Vasquez?" Yank struck across our exultation.

TO BE CONTINUED.

FOR THE HOUSEWIFE

Shredded cabbage and lettuce hearts with French dressing and roasted peanuts make an excellent salad.

An oblong piece of zinc fastened to one end of the ironing board is a great convenience and time saver. No sputter for the regulation stand and no scoured pad.

I lay flat on my back and idly counted the stars. Happening to glance sideways, I caught the flicker of a distant light.

"Bagsby," I whispered, "there's a fire barely more than a half mile away."

He, too, lay down in order to get my angle of view.

"It's not McNally," he said. "I reckon now we'd just better set down and wait for dawn."

Accordingly we dismounted and drew together in a little group. Over the top of the great ranges a gibbous moon rose slowly. By her dim light I could make out the plume on either side our ridge and the other dark ridges across the way. Behind us our horses occasionally stamped a hoof or blew through their noses.

I lay flat on my back and idly counted the stars. Happening to glance sideways, I caught the flicker of a distant light.

"Bagsby," I whispered, "there's a fire barely more than a half mile away."

He, too, lay down in order to get my angle of view.

"It's not McNally," he pronounced after a moment's careful inspection, "for it's too big a fire, and it's a lot more than half a mile away. That's a good big fire. I think it's Injuns."

"Probably the same gang that lifted our horses!" cried Buck.

"Probably," agreed Babsby. He sat upright and peered at us through the dim moonlight. "Want to get after them?" he inquired.

"You bet!" said Buck emphatically. "They may have McNally, and if they haven't they've got our horses."

"There's six of us, and we can shore make it interesting for that lot," agreed Yank. "Can we get to where they are?"

"I think so," said Babsby.

We rode for another hour, slanting down the mountain side toward the flickering fire. Every time a horse rolled a rock or broke a dried branch it seemed to me that the mountains reverberated from end to end. I don't believe I allowed myself to weigh over six ounces all told. Finally we left the slope for the bottom of the valley.

"I'd rather be below them than above it. It's going to be hard to get out this way," complained Babsby, "but it's the best we can do." He dismounted us, and we crept forward another half mile, leading our animals.

"This is as close as I dare take the horses," whispered Babsby. "Vasquez, you stay here with them," he said in Spanish, "and when I yell twice quick

and sharp you answer, so we'll know where to find you. Come on!"

We raised our pieces, but before the command to fire was given one of the sleepers threw aside his blanket, stretched himself and arose. It was a white man!

I confess that for a moment I turned physically sick.

"Hello!" called Babsby, quite unmoved.

The white man seized his rifle, and the recumbent forms leaped to life.

"Who are you?" he demanded sharply. "Speak quick!"

"Keep your ba's on!" drawled the trapper, advancing into the light.

"We're perfectly respectable miners, out looking for a lost man, and we saw your fire."

The rest of us uttered a yell of joy and relief. One of the men who had been sleeping around the fire was McNally himself.

I drew together, explaining, congratulating.

The strangers, six in number, turned out to be travelers from the eastern side of the ranges. They listened with interest and attention to our account of the Indian attack. McNally explained that he had been uncertain of his route in the dark, so that when he caught sight of the fire he had made his way to it. We were still engaged in this mutual explanation when we were struck dumb by a long drawn out yell from the direction of our own horses.

"It is Vasquez," explained Barry.

He wants to let us know where he is,"

But at that moment one of our own horses dashed up to the bunch of picketed animals and wheeled, trembling. Its rope bridle dangled broken from its head. Sam Babsby darted forward to seize the hanging cord.

"It's cut!" he cried. "Quick! Out across the valley, boys!"

We followed him into the moonlight, grasping our rifles. A moment later a compact band swept toward us at full speed, our horses in the lead, their rope halters dangling, a dozen Indians on horseback following close at their heels and urging them on.

"Shoot, boys!" yelled Babsby, discharging his own piece.

Our rifles cracked. It was impossible to take aim, and I am sure we hit

the ground.

"This water's cold," he remarked conversationally.

nothing. But the horses swerved aside from the long fiery flashes, and so ran into the picketed lot and stopped. The Indians flew on through our scattered line without stopping, pursued by a spatter of shots from our Colt's revolver.

"Awhile ago I was sorry we had to stop above camp," said Babsby, with satisfaction, "but it was a lucky thing for us. They had to come by us to git out."

"And Vasquez?" Yank struck across our exultation.

TO BE CONTINUED.

FOR THE HOUSEWIFE

Shredded cabbage and lettuce hearts with French dressing and roasted peanuts make an excellent salad.

An oblong piece of zinc fastened to one end of the ironing board is a great convenience and time saver. No sputter for the regulation stand and no scoured pad.

I lay flat on my back and idly counted the stars. Happening to glance sideways, I caught the flicker of a distant light.

"Bagsby," I whispered, "there's a fire barely more than a half mile away."

He, too, lay down in order to get my angle of view.

"It's not McNally," he said. "I reckon now we'd just better set down and wait for dawn."

Accordingly we dismounted and drew together in a little group. Over the top of the great ranges a gibbous moon rose slowly. By her dim light I could make out the plume on either side our ridge and the other dark ridges across the way. Behind us our horses occasionally stamped a hoof or blew through their noses.

I lay flat on my back and idly counted the stars. Happening to glance sideways, I caught the flicker of a distant light.

"Bagsby," I whispered, "there's a fire barely more than a half mile away."

He, too, lay down in order to get my angle of view.

"It's not McNally," he pronounced after a moment's careful inspection, "for it's too big a fire, and it's a lot more than half a mile away. That's a good big fire. I think it's Injuns."

"Probably the same gang that lifted our horses!" cried Buck.

"Probably," agreed Babsby. He sat upright and peered at us through the dim moonlight. "Want to get after them?" he inquired.

"You bet!" said Buck emphatically. "They may have McNally, and if they haven't they've got our horses."

"There's six of us, and we can shore make it interesting for that lot," agreed Yank. "Can we get to where they are?"

"I think so," said Babsby.

We rode for another hour, slanting down the mountain side toward the flickering fire. Every time a horse rolled a rock or broke a dried branch it seemed to me that the mountains reverberated from end to end. I don't believe I allowed myself to weigh over six ounces all told. Finally we left the slope for the bottom of the valley.

"I'd rather be below them than above it. It's going to be hard to get out this way," complained Babsby, "but it's the best we can do." He dismounted us, and we crept forward another half mile, leading our animals.

"This is as close as I dare take the horses," whispered Babsby. "Vasquez, you stay here with them,"

MONDAY JUNE 18 1917

## Telegraph Want Ads

## FOR 25 WORDS OR MORE

1c a Word for.....	2 Times
3c a Word a Week.....	6 Times
5c a Word Two Weeks.....	12 Times
9c a Word a Month.....	26 Times

## WANTED

WANTED: Competent maid for general housework. Apply at 614 Hennepin Ave. Mrs. T. G. Davies. 140 ft.

WANTED: Competent stenographer. State age, experience, references and salary expected. Steady work. Address L. J. 139 6

DENTAL NOTICE. Anyone living in the country desiring J. W. Stephens' services, for plate work, please call or notify him, 118 East Third St. Phone 279, Dixon, Ill. 129m1

WANTED. A boy to learn printer's trade. One who will stay permanently, not just through the summer vacation. Apply in person at the Evening Telegraph office. 107 ft

WANTED: Competent second girl. Apply to Mrs. W. J. McAlpine, 204 Ottawa Ave., Dixon, Ill. 107 ft

FREE: Cinders if hauled away at once. Grand Detour Plow Company. 91 ft

WANTED. Highest market price paid for rags, kinds of junk, old iron, rags, rubber, metal, also hides and wool. Trading direct with us means more money for your goods. Call 412 for your orders. S. Rubenstein, 114-118 River St., Dixon.

WANTED. Plain sewing. Address 1321 Third St. 511f

WANTED. Washings, at 1321 West Third St. 511f

WANTED. Washings to do. Mrs. Freda Nearing, 1411 W. Third St. 511f

WANTED. Plain sewing and mending. Mrs. Fisher, South College Bldg. Phone 12973. 511f

WANTED. Everyone troubled with aching, tired feet to try a box of Healo. For sale by all druggists.

WANTED. All our advertisers to know that the Telegraph is a member of the Audit Bureau of Circulations. That means honest circulation and the advertiser knows what he is paying for.

WANTED. Men and ladies to learn barber trade. World's most profitable trade. Quickly learned. Money needed while finishing up. Tuition \$25.00. Write for catalog. 201 16th St., Moline, Ill. 54m1

POSITION as housekeeper by a German woman with two school girls, in the country. Good cook; or will care for the sick. Address Mrs. Pauline Perlberg, 844 Wolfram St., Chicago, Ill. 133f\*

If you want the Telegraph, give your order to W. J. Smith, country solicitor for the Telegraph.

## FOR SALE

FOR SALE. New hay rack. Phone Y472. P. C. Kelly. 143 2\*

FOR SALE cheap, a Mercer speedster; has run about 7000 miles and is in fine condition; cost \$3,000. Or will trade for a touring car. M. A. Stiver, Walnut, Illinois. 143 3

FOR SALE. 16-foot canoe in good condition; cheap if taken at once. Call Joseph Martin. Phone 117. 143 2\*

FOR QUICK SALE: Will sell fine automobile at bargain; list price \$835; sale price, \$522.50. Guaranteed not to have been run over 2,500 miles. T. J. Hollahan, telephone 988. 129 t

FOR SALE. Lot No. 1, Blk. 20, Gibson's Add. to Amboy. For further particulars enquire of Mrs. Eustace Shaw, Phone 992 or No. 5, Dixon, Ill. 109f

FOR SALE. Light wagon, set double harness, set single harness; good timothy hay. Public Supply Co. Phone 364. 140ft

FOR SALE. Calling cards. The Telegraph, Dixon.

FOR SALE. A double house of eight rooms on each side, in good condition; modern. Bath, furnace, city and cistern water, gas and electricity. For further particulars call Phone 783. 511f

## TIME TABLE

ILLINOIS CENTRAL RY.  
Correct time of all trains leaving Dixon that carry passengers and freight. Daily, "Daily except Sunday. South Bound.

Local Exp., Dly. ex. Sun. 7:20 a. m.  
23 Southern Exp. 11:10 a. m.  
21 Clinton Exp.\* 5:00 p. m.

North Bound.

22 Ft. Dodge Exp.\* 9:53 a. m.  
24 Local Mail 5:35 p. m.  
20 Local Exp. 8:40 p. m.

Freeport Freight 12:30 p. m.

CHICAGO & NORTHWESTERN RY.  
Correct time of all passenger trains leaving Dixon. "Daily except where otherwise specified:

East Bound to Chicago.

No. 14 Dixon Ar. Chicago  
24 6:41 a. m. 9:15 a. m.  
6 3:28 a. m. 6:45 a. m.

7:21 a. m. dly ex Sun 10:30 a. m.

18 8:05 a. m. 11:00 a. m.

20 11:01 a. m. dly ex Sun 2:25 p. m.

4 4:21 p. m. dly ex Sun 7:25 p. m.

100 4:15 p. m. Sun only 8:45 p. m.

West Bound.

No. 14 Chicago Ar. Dixon  
5 7:00 a. m. ex Sun 10:20 a. m.

99 7:10 a. m. Sun only 10:23 a. m.

13 10:45 a. m. 1:18 p. m.

19 12:15 p. m. dly ex Sun 3:34 p. m.

27 4:20 p. m. dly ex Sun 7:24 p. m.

11 6:05 p. m. 8:40 p. m.

25 6:10 p. m. 9:04 p. m.

x17 9:35 p. m. 12:06 a. m.

7 10:45 p. m. 12:28 a. m.

3 11:20 p. m. 2:22 a. m.

No. 14 Dixon Ar. Peoria  
301 8:30 a. m. 12:05 p. m.

\* Train 17. Stops only for passengers for Canyon, Wyo., and beyond, or for Des Moines sleeping passengers.

FOR SALE. A modern house; bath, furnace, electric light; in first class condition; a bargain. For further information call at 324 E. First St. 108t

FOR SALE. A modern house; bath, furnace, electric light; in first class condition; a bargain. For further information call at 324 E. First St. 108t

FOR RENT. Office rooms in the Evening Telegraph Bldg. Phone No. 108t

FOR RENT. 6 room apartment, furnished or unfurnished, all modern. Also furnished rooms. Enquire at 316 W. Third St. or call Phone Y720. 118t

FOR RENT. Washings to do. Mrs. Freda Nearing, 1411 W. Third St. 511f

FOR RENT. Plain sewing and mending. Mrs. Fisher, South College Bldg. Phone 12973. 511f

FOR RENT. Everyone troubled with aching, tired feet to try a box of Healo. For sale by all druggists.

FOR RENT. All our advertisers to know that the Telegraph is a member of the Audit Bureau of Circulations. That means honest circulation and the advertiser knows what he is paying for.

FOR RENT. Men and ladies to learn barber trade. World's most profitable trade. Quickly learned. Money needed while finishing up. Tuition \$25.00. Write for catalog. 201 16th St., Moline, Ill. 54m1

POSITION as housekeeper by a German woman with two school girls, in the country. Good cook; or will care for the sick. Address Mrs. Pauline Perlberg, 844 Wolfram St., Chicago, Ill. 133f\*

FOR RENT: Three rooms for light housekeeping; modern. Call at 113 1-2 Hennepin Avenue or telephone X879. 143 2

FOR RENT: Three rooms at 416 E. Second street. Telephone X-1108. 143 11 wk

LOST

LOST. A white female cat; had one grey ear, and tail. Little girl's pet. Finder please phone K972. 143 2\*

LOST. Pink cameo breastpin between Hennepin and Galena Ave. Reward if left at this office. 143 2\*

LOST. Small loose leaf memorandum book containing music. Finder please call X-916. 143 t 2

FOR SALE cheap, a Mercer speedster; has run about 7000 miles and is in fine condition; cost \$3,000. Or will trade for a touring car. M. A. Stiver, Walnut, Illinois. 143 3

FOR SALE. 16-foot canoe in good condition; cheap if taken at once. Call Joseph Martin. Phone 117. 143 2\*

FOR QUICK SALE: Will sell fine automobile at bargain; list price \$835; sale price, \$522.50. Guaranteed not to have been run over 2,500 miles. T. J. Hollahan, telephone 988. 129 t

FOR SALE. Lot No. 1, Blk. 20, Gibson's Add. to Amboy. For further particulars enquire of Mrs. Eustace Shaw, Phone 992 or No. 5, Dixon, Ill. 109f

FOR SALE. Light wagon, set double harness, set single harness; good timothy hay. Public Supply Co. Phone 364. 140ft

FOR SALE. Calling cards. The Telegraph, Dixon.

FOR SALE. A double house of eight rooms on each side, in good condition; modern. Bath, furnace, city and cistern water, gas and electricity. For further particulars call Phone 783. 511f

## PUBLIC SALE

—ON—

Monday, June 25th

Cattle and Hogs on our farm, 5 miles south of Dixon.

TERMS—One Year's Time.

D. M. Farhney, Auct.  
C. H. Gray, Clerk

MESE BROS.

STRATFORD

Mrs. Oliver Wolfsberger is quite indisposed having a severe attack of inflammatory rheumatism. She is under the care of a nurse.

Mrs. Levi Leek was a caller at the Edgar Hays home Thursday, a. m.

Harve Shrader and family spent Sunday evening at the Date Bete-benner home.

Dale Bete-benner shipped a carload of cattle and hogs to the city Tuesday evening.

Miss Bessie Baker is spending some time at the Frank Davis home.

The Woman's Social club met Wednesday afternoon at the home of Mrs. Alvin Farhney. The guests were Mrs. Willis Farhney and Mrs. Hammer. The club will meet July 11th with Mrs. Edgar Hays.

James Morrissey was a caller in Harmon Saturday.

Wm. Geldean was a caller in Harmon Saturday shopping.

John Clark and wife, who went to the Jones and Miss Clara Vale of Dixon some time ago, have come back to the week-end with Mrs. Clark and moved into the house they had left.

Mrs. Josephine Williams, who has

HARMON

ROCHELLE

THINK ON THESE THINGS

Rochelle, June 16—Miss Lucile

Did it ever occur to you, dear reader, that the paper you are reading now—that you read every day—may be still unpaid for and that the publisher is obliged to pay ever

Thomas Durr motored in from his farm Saturday on business. John D. Long was a caller in Harmon Saturday.

James Nicklaus was a caller in Harmon Saturday.

John Hicks of Hamilton was a caller in Harmon Saturday.

The rain Friday has again stopped work on the farm.

Thomas Manion was a caller in Harmon Saturday on business.

Samuel Manning was out getting poultry Saturday.

Mrs. Lynn Parker was shopping in Harmon Saturday.

The village of Harmon have ordered a car load of gravel to do some repair work on the road; one car load came Saturday.

John J. Kelly of Hamilton was a caller in Harmon Saturday.

Edward O'Brien was doing business in Harmon Saturday.

Frank Swartz was a caller in Harmon Saturday.

Henry Roark of Hamilton was a caller in Harmon Saturday.

Edward Manion, Harmon supervisor, was a caller in Harmon Saturday.

James Dunphy was a caller in Harmon Saturday.

James Lally of Marion was a caller in Harmon Saturday.

Thomas McInerney was a caller in Harmon Saturday.

Mrs. Henry Roark of Hamilton was shopping in Harmon Saturday.

Henry Geldean was a caller in Harmon Saturday.

They were progressing rapidly Friday and Saturday with the garage building; they put nearly all of the rafters up and will commence to put on the sheathing Monday.

R. M. Long was a caller in Harmon Saturday.

E. F. Swab of Rock Falls was a caller in Harmon Saturday.

Wilber Gatzell was a caller in Harmon Sunday.

Miss Ada Dewey spent Saturday and Sunday in Sterling.

Jack Drew was a caller in Harmon Sunday; he says he does not feel well.

Those who have autos were out riding Sunday enjoying themselves.

The German Lutherans held service in the M. E. church last Sunday afternoon; they talk about building a church for themselves.

This coming week the roof will be put on, if the weather is favorable, and the

## MAKING UP FOR LOST TIME

If you have formed the habit of spending all your money—if you are in a rut—get out of it.

Remember that there is only one difference between a rut and a grave—you can't get out of the grave.

You can join the Building and Loan for as little as \$1.

When you start you agree to pay in a certain amount every month. That is surer than saving what you don't happen to spend.

Ask us when the next series starts.

Established 1887

## DIXON LOAN AND BUILDING ASSOCIATION

J. N. STERLING, Secretary  
Opera Block Dixon, Ill.  
NEARLY 30 YEARS IN BUSINESS



Our knowledge of the undertaking business has been won through experience.

We furnish funerals, whose well-appointed character fulfills the demands of the most exacting. When burials are necessary you should avail yourself of our courteous, dependable service. Direct us to assume charge anywhere, as we have business connections in other cities.

## MORRIS &amp; PRESTON FUNERAL DIRECTORS PRIVATE CHAPEL

Ambulance—Lungmotor Service  
Picture Framing  
Office 78.  
Phones H. W. Morris, X272  
W. L. Preston, X828  
123 East First St., Dixon, Ill.



## TAXI CAB SERVICE.

Day and night. Baggage transferred. Phone 197. H. W. Cortright 3047

## TAKE NOTICE

The Evening Telegraph by mail in advance, \$3 a year; six months, \$2; three months, \$1.

## SUPPER AT PRESBYTERIAN

Church Wednesday from 5 to 7 p.m. Menu: Roast beef, brown gravy, potatoes, cabbage relish, hot rolls, coffee, strawberries, and cake. Price, 35c. 144

## Extra SPECIAL Prices

On Burnham and Morris' Baked Beans in Tomato Sauce  
No 2 Tins 20c per can  
Extra Fancy Tuna Fish, pure Tuna Fish—and all white meat, No. 1-2 Tins 17c per can  
Extra Fancy Prunes, regular 25c seller this week 20c per lb  
Fancy Bulk Hominy, per pound 5c  
12 lbs Sugar with cash \$2.00 order

## The Pure Food Store

Sole Agents for Creve Coeur Food Products

W. C. JONES

605-07 Depot Ave.

A copy of "YOUR FLAG AND MINE" should be in Every American Home:

Phone 127

## SPECIAL PRICES

For TEN Days on Hats, Shirts, Trunks, Suit Cases and Bags at

## TODDS HAT STORE

OPERA HOUSE BLOCK

SUITS MADE TO MEASURE AT

## TODDS HAT STORE

## Read The Telegraph



ROBERT FULTON, JR.  
Agent.

## PRINCESS THEATRE | ToNight 10c

Mabelle Trunnelle and Conway Seale  
IN

## "The Heart of The Hills"

A Five Act Drama of Adventure  
Produced by Edison.

FAMILY THEATRE  
TONIGHT

Greater Vitagraph Pictures

LILLIAN WALKER in  
"INDISCRETION"

STANDARD VAUDEVILLE

KELLI  
Accordion Virtuoso

Frank and Clara La Tour  
Funny Capers, Novelties and Bubbles

The Senate Duo  
Comedy and Harmony

Special Tuesday—Clara Kimball Young in "The Easiest Way"  
This is Clara Kimball Young's Best Picture.

Wednesday, Mme. Petrova in "THE WAITING SOUL"

Matinees—Tuesday, Wednesday, Friday and Saturday at 2:30—5c and 10c

## ROCHELLE

Dr. and Mrs. R. S. Johnston of Chana, attended the baseball game in Rochelle on Sunday.

Floyd Caspers and Dean Hemingway, of the Graves & Holmes Motor Co. garage, figured in a peculiar accident while inflating a tire on Friday. The mechanics were leaning over the wheel when the tire exploded and blew the steel rim from its place, the rim inflicting painful scalp wounds on the young men.

Mrs. Susan Cass and daughter, Miss Ruth, are visiting in New York and other eastern cities.

Among those who attended the annual encampment of the G. A. R., which was held at Bloomington, last week, were the following: George Haar, Charles Pratt, John Trenholm, and George Sanders. There are 500 automobiles in line carrying the old soldiers in the encampment parade. Miss Frances Randall spent the latter part of last week in Bloomington, a representative of the Ladies Grant Circle.

Miss Elizabeth Priestly has been visiting Miss Carrie Priestly, teacher in the commercial department of the Rochelle high school. The young ladies will spend a portion of the summer at Albion, Mich.

Miss Grace Hotchkiss, the history teacher in the high school, and her mother and sister will spend the summer in California. They will make the trip via New Orleans.

The duma statement declares a separate peace with Germany or prolongs inactivity on the battle front to be ignoble treason toward Russia's allies, for which future generations never would pardon the Russia of the present day.

## ORDERS RUSS TO TAKE OFFENSIVE

Duma Demands That Army Get Busy and Fight.

## TO EXPEL GERMAN PACIFISTS

Root Commission Holds Conferences With Russian Leaders—Former Secretary of State Busy Man at Petrograd—Big Congress of Workmen and Soldiers Endorses War Movements.

Petrograd, June 18.—A resolution, calling for an immediate offensive by Russian troops, has been adopted by the Duma in secret session.

This information was made public at about the same time that notice was given that the Pan-Russian congress of all councils of workmen's and soldiers' delegates had ratified the action of the provisional government in expelling from Russia Robert Grimm, the Swiss Socialist, reported to be the medium through which the Germans attempted to arrange a separate peace with Russia.

The duma statement declares a separate peace with Germany or prolongs inactivity on the battle front to be ignoble treason toward Russia's allies, for which future generations never would pardon the Russia of the present day.

## For Safety of Russia.

"The duma, therefore, considers," the resolution adds, "that the safety of Russia and the maintenance of the liberties which have been obtained lie in an immediate offensive in close cooperation with Russia's allies."

Grimm's case was taken up by the pan-Russian congress, upon which depends the immediate destiny of Russia in regard to both international and domestic questions, when it assembled Saturday evening, immediately after the delegates had elected as their president N. C. Tchelidze, president of the Petrograd council of workmen's and soldiers' delegates.

Grimm's expulsion was approved by the passage, with a vote of 640 to 121, of a resolution endorsing the action of M. Tsereletti and M. Skoboleff, Socialist members of the cabinet, who investigated the activities of the Swiss Socialist and brought about the order for his expulsion.

The congress expressed the view that the action of the ministers corresponded perfectly with the interests of the Russian revolution and the Socialist internationale. It welcomed the decision of the ministers to publish the full details regarding the Grimm affair.

The announcement last week that the cabinet had decided to suggest a conference of the Entente allies for examination of treaties was followed by the publication of the note sent to the other governments in question.

The note suggested a conference to revise the agreements existing among the allies as to war aims, with the exception of the London agreement, which provides that none of the signature powers shall conclude a separate peace.

## Root Meets Guchkoff.

Members of the American commission devoted Saturday to informal conferences with prominent Russians. Elihu Root, head of the mission, met Alexander J. Guchkoff, chief of the munitions bureau.

Ambassador Francis is arranging other small dinners and luncheons to enable the members of the American mission to meet the Russian cabinet ministers.

The Americans are arranging for visits to Moscow, Kiev and Odessa and possibly to Roumania. Rear Admiral Glennon and other naval officers will visit the Russian naval centers independent of the commission's movements. Major General Scott and the officers of his staff will make independent visits to military places.

Indications are that the commission will remain in Russia three or four weeks.

## Telegram to Grimm.

Stockholm, June 18.—Additional details of the German peace offer to Russia are contained in the Social Demokraten's translation of the telegram, said to have been addressed by A. Hoffman, a member of the Swiss federal council, to Robert Grimm, a Swiss Socialist, who has been in Russia for some time. The newspaper's version of the telegram contains the following:

"I am convinced that Germany and its allies would immediately take up peace negotiations at the wish of Russia's allies. As to what concerns the German war aim, you can read articles in the Norddeutsche Allgemeine Zeitung. There, after consultation with Chancellor von Bethmann-Hollweg, the declaration has been made regarding annexation to the effect that Germany does not desire increase in its territory, or any economic or political expansion."

## Italians Take Stronghold.

Rome, June 18.—Italian forces have carried Corno Cavento, a strongly fortified Austrian position in the eastern Trentino, says the official statement issued by the Italian war department.

You more than get value received column. You can run an ad of 25 words in that column: twice, 25 cents; our times for 50 cents; one week for 75 cents.

We are Headquarters for Good Strawberries and the BEST Home Grown Asparagus in the city.

## F. C. Sproul Grocery

PHONE 158.

104 N. GALENA AVE.

## Jones

Undertaking Parlors  
AMBULANCE SERVICE  
116 Galena Ave  
Phones: Office 204; Res. 228

## STRONG COLLEGE OF MUSIC

Second Floor Rosbrook Bldg.

instruction given in all branches of music by competent teachers. Rates reasonable. A special course for very young pupils

## HEFLEY &amp; RAWLS

Furnace Work, Tin Roofing, Spouting and General Repair Work.

AGENT FOR THE FAVORITE FURNACE  
Shop located at Hefley Residence, 1022 Peoria Ave. Hefley Phone X589. Rawls Phone, Y617.

## JOSEPH W. STAPLES

Mortician and Funeral Director  
LADY ASSISTANT

Phones: Res. 234, Office, 676

311 First St., Dixon, Ill.

## DR. C. LA COUR

STATE LICENSED  
Drugless Practitioner,  
Osteopath, Chiropractor, Physiological Therapist.

120 Galena Ave., Dixon, Ill.

Phone 572.

## Dr. F. B. JONES

VETERINARIAN  
OFFICE OVER CAMPBELL'S DRUG STORE  
PHONE 296  
Residence at Dixon Inn

## Sulphur Steam BATHS

Over City Bank

Dr. Trowbridge, Mgr.

It is a pleasure to answer phones.

—It's been a long time since we asked you to look at the little yellow tag on your Telegraph. Do it now, please.

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—</